

1^{Thu}	12.00 ^{Noon} Executive Committee @ Folly 01.00 ^{PM} Managing Committee
1^{Thu}	10.15 ^{AM} Book Discussion @ Folly Journeying through Indian History
2^{Fri}	10.15 ^{AM} History, Culture & Tours @ Mena Hall Indo-Bhutan Relations: An Experienced Perspective
6^{Tue}	08.00^{AM} to 04.00^{PM} Arts & Handicrafts @ Kanchipuram Aari Embroidery - for Women's Empowerment Warn-in
8^{Thu}	10.15 ^{AM} Cooking Swapshop @ Folly One Pot - One Shot!
14^{Wed}	10.15 ^{AM} Philosophy & Religion @ Amir Mahal Eid Milan - <i>Aadaab</i> Members only
16^{Fri}	10.15 ^{AM} Current Events @ Folly India at 72

To learn more, visit the IWA web site: www.iwachennai.com

20^{Tue}	10.15 ^{AM} Health & Ecology @ E-Hotel Creating Verdant Landscapes in Concrete Jungles
22^{Thu}	10.15 ^{AM} Music & Performing Arts @ E-Hotel Premiere of a Short and Sweet Play
27^{Tue}	10.15 ^{AM} Book Discussion @ Sante Spa Book Club
30^{Fri}	04.30^{PM} Philosophy & Religion @ Taj Coromandel In Conversation with Sadhguru First 100 members to arrive Members only
1^{Thu}	12.00 ^{Noon} Executive Committee 01.00 ^{PM} Managing Committee The Folly Amethyst 28, Whites Road, Next to Corporation Bank Royapettah Chennai 600 014

Meetings hosted by **Jeyasree Ravi** and **Manisha Singhee**

From the Presidents

Dear Friends,

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." - Frederick Keonig

We are fortunate that on Founders Day, our day of gratitude, we had an opportunity to appreciate the origins of our dynamic organization and recognize the custodians who have made IWA the powerhouse that it is. Thank you Founder members, Past Presidents, and all the members who contributed to our day of celebrating everything IWA!

IWA strives to stay current and relevant in a world that is changing every minute. One of the needs of the hour is to reduce our ecological footprint. Thanks to our adaptable membership, we have reduced the number of newsletters printed and couriered.

As an additional treat for our digital subscribers, we are sending "The IWA Journal," a review of meetings in the month past by IWA members present in the audience. We hope that you enjoy this and also hope we may be able to entice more members to try the digital service.

Another effort to stay current is to update our directory. This year we are adding photographs to the listing to make it easier to recognize other members. Please make sure you confirm your contact information at an upcoming meeting and hand over a recent passport size photograph of yourself with your name and code written behind, to any member of our Executive or Managing Committees.

We have line up of exciting meetings and look forward to seeing you!
Embrace the Journey!

NIDHI KAPOOR THADANI

ANJALI SACHETI

From the Membership Secretary

In addition to the 9 new members who joined IWA's ranks this year, whose details were posted in the July Newsletter, I'm happy to announce that we have one further new recruit, joining in the Temporary Indian category. We look forward to seeing her often at our meetings this year.

Rekha Bhartee (B-20)

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Mobile: 77380 51110
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TEHNAZ BAHADURJI

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Apt 2, 1st Floor,37,
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From the Treasurer

RECEIPTS & PAYMENTS ACCOUNT FOR THE PERIOD
1st April 2019 To 30th June 2019

RECEIPTS	Amount	Amount
To Opening Balance -Cash on Hand	6976.00	
To Opening Balance-Canara Bank	401173.61	
To Opening Balance-Fixed Deposits	1479869.00	
Sub Total		1888018.61
To Membership Annual Subscription		1591150.00
To Foreign Members joining fee		6000.00
To New Membership fee		10000.00
To Guest Charges		8000.00
To Interest on Fixed Deposits		15858.00
To Interest on Savings Bank		4690.00
TOTAL		3523716.61
PAYMENTS		
By AGM Expenses 2018-2019		92750.00
By Meeting Expenses		75645.00
By Salary to Accountant		27000.00
By Postage and Courier		18047.00
By Fellowship Morning		106150.00
By Bank Charges		962.00
By Closing Balance-Cash on Hand	45606.00	
By Closing Balance-Canara bank	576091.61	
By Closing Balance-Fixed Deposit	500000.00	
By Closing Balance-Fixed Deposit	100000.00	
By Closing Balance-Fixed Deposit	424354.00	
By Closing Balance-Fixed Deposit	200000.00	
By Closing Balance-Fixed Deposit	250000.00	
By Closing Balance-Fixed Deposit	5515.00	
By Shortterm Fixed Deposit 2019-2020	1100000.00	
By Tax Deducted at Source 2019-2020	1596.00	
Sub Total		3203162.61
TOTAL		3523716.61

USHA MOORTHY

1 Thu	<p>10.15 ^{AM} The Folly Amethyst 28, Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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Journeying through Indian History

In her book, The Women Who Ruled India, **Archana Garodia Gupta** journeys through India's historical landscape to restore from obscurity several lesser-known but immensely noteworthy women who impacted Indian history. The women in this book, some well known and some lesser-known, are fascinating icons from pre-independence India who left an indelible mark in history.

Interestingly, the author refrains from glorifying these women and portrays them as they lived, strong yet flawed and very human; and extraordinary in all that they dreamed, experienced and achieved. In this simple yet absorbing narrative, we glimpse strong feminists at a time when "feminism" was an unborn concept.

Archana is a multi-faceted lady of diverse interests and talents who has also authored the best selling "A History of India for Children". Awarded the title "Champion of Champions" from BBC, she serves on the expert panel of the Television show, "Kaun Banega Crorepati".

We thank **Dr. Vijaya Bharathi** for introducing us to Ms. Archana and graciously sponsoring this meeting.

We thank **Urmila Devi Prakash** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY

2 Fri	<p>10.15 ^{AM} Mena Hall (Next to AVM Rajeswari Kalyana Mandapam) 101, Dr.Radha Krishnan Salai Mylapore, Chennai 600004</p>	
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Indo – Bhutan Relations: An Experienced Perspective

Last year, India – Bhutan celebrated 50 years of diplomatic relations. A friendship based on shared values, history, culture and geo-political sensitivities of the two countries.

Throwing light on this closeness is **Colonel V. Shankar**, an Indian Army Veteran and the recipient of the Shaurya Chakra, India’s third largest gallantry award in Peace.

An avid historian, Col. Shankar is passionate about Bhutan. He has released a book about ‘Facts about Bhutan’ as also published a comprehensive guidebook on the cuisines of Bhutan. He is a linguist and can speak 5 languages and is a noted Dzongkha (national language of Bhutan) specialist and a freelance Consultant on travel to Bhutan.

An active quizmaster, he has been a participant in ‘BBC Master Mind India’ and been an expert in the popular TV show Kaun Banega Crorepati. Besides he is an avid golfer and an amateur magician.

Come and be bowled over by this multi-dimensional speaker as he shares his experienced perspective of the history of Bhutan in relation with India.

We thank **Jayanti Rajaram** for being our day facilitator.

SOMNA SACHDEV

SHEELA K SARATH

6 Tue	<p>8.00 ^{AM} to 4.00 ^{PM} Kanchipuram</p>	
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Aari Embroidery — for Women’s Empowerment

Aari is a highly skilled form of embroidery. Famed for its beauty since Mughal times, it is practised largely in some States in North India. Hand in Hand India, a non-governmental organization, that works to alleviate poverty, has brought in a sea change in the lives of women here through Aari hand embroidery.

Kalpna Sankar has done exemplary work in the field of social work. She is the Managing Trustee and one of the co-founders of Hand in Hand India. Kalpna is the recipient of the prestigious Nari Shakti Puraskar-2016, from the President of India and Ministry of Women and Child Development, Government of India. Kalpna will explain the significance of the craft of Aari and how it has helped create jobs. **She will also take us to a couple of villages, a half hour drive from Kanchipuram, to meet the embroiderers at work.**

- **The space restriction in the bus allows for only 40 women in**
- **We leave at 8 a.m. and return by 4 p.m.**
- **Do wear comfortable clothes and shoes. Carry your water bottle, umbrella, hat and sunglasses. And be prepared to do a bit of walking.**
- **Morning snacks will be provided on the bus. Delicious lunch will be served in Kanchipuram.**
- **Please warn in via WhatsApp or text messages with your full name and code number to Mangai Kamal 9840041066 only on August 3.**
- **Pick up points: 8 am: At Hanu Reddy residences
 8:30 am: Anugraha complex, Nungambakkam High Road, adjacent to Taj Coromandel. Please be there on time. The bus will not wait for more than five minutes.**

Our heartfelt thanks to **Nalini Acharya** for sponsoring the lunch and transport.

KAUSALYA SANTHANAM

MANGAI KAMAL

<h1>8^{Thu}</h1>	<p>10.15 ^{AM} The Folly Amethyst 28, Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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One Pot – One Shot!

Armed with a trademark for OPOS and having convinced Butterfly to design the first OPOS pressure baker, **Rama Krishnan**, is the pioneer of this completely different cooking technique which promises a faster, healthier way of cooking and which optimises the preservation of nutrients in the food.

His out reach programs not only target the usual harried homemaker of both genders but more importantly, our soldiers in the high altitudes for whom this technique seems like a lifesaver.

Sanjay Pinto in his article on Rama Krishnan calls him "The 5 minute Genie of the Kitchen".

Yes, you can cook anything... in 5 minutes!

We thank **Minnie Mathan** for being our day facilitator.

JASMINE KABRAJEE

MASAKO MARUYAMA

Our heartfelt condolences to **Nandi Shah** on the loss of her mother.

<h1>14^{Wed}</h1>	<p>11.00 ^{AM} Amir Mahal Bharathi Salai Royapettah Chennai 600 014</p>	
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“Eid Milan”

'Aadaab'

Sound becomes music, movement becomes dance, smile becomes laughter & life becomes celebration, when old friends get together to celebrate our annual Eid Milan!!!

On the Occasion of Eid, we invite you to join us once again to share our love, strengthen our bonds of friendship and remind us to give praise for all our graces and bounties

Please Note: This is a Members only meeting

We thank **Sadiya Khaleel** for hosting the Eid lunch at her residence.

SHEETAL PARAKH

GOWRI VISVANATHAN

<h1>16^{Fri}</h1>	<p>10.15 ^{AM} The Folly Amethyst 28, Whites Road Next to Corporation Bank Royapettah, Chennai 600 014</p>	
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India at 72

As a nation, we commemorate 72 years of Independence this year and will witness the annual honouring of thousands of stalwarts and iconic freedom fighters who laid down their lives for the vision of Independent India.

Looking back at these years of freedom, we undoubtedly have a great deal to celebrate. However, we live in a very different, dynamic and sometimes, disturbing India today.

At this juncture, one can't help but reflect on the lessons learnt from the struggle of freedom and ponder on the relevance of the message of freedom fighters like Mahatma Gandhi.

Join us as we listen to our speaker, **Prof. Dr. Dolly Thomas**, H.O.D. History, Stella Maris College share her thoughts on relooking at India at 72.

We thank **Ritu Sahi** for being our day facilitator.

RINKU MECHERI

<h1>20^{Tue}</h1>	<p>10.15 ^{AM} E-Hotel Express Avenue Mall Gate 1, Pattulos Road Chennai 600 002</p>	
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Creating Verdant Landscapes in Concrete Jungles

We have the unique privilege of living in the only megacity in India to have within its limits a protected forest that hosts an endangered animal species. But the onslaught of unprotected urbanization and natural disasters like Vardah, have rapidly depleted its green cover. Can we recover our lost trove of natural vegetation? What are the species to be encouraged to restore biodiversity? How do we select saplings for our avenues and streets, for our parks and playgrounds, for our beaches and river banks? How do we replant to make our city more pleasing and in a manner that is sustainable?

Jayshree Vencatesan, Managing Trustee, the Care Earth Trust, will share her expertise on greening strategies for Chennai. She is known for her proficiency on issues of conservation and ecological restoration, particularly of wetlands. She has helped develop detailed plans for planting for holistic improvement of green cover. She has to her credit around 30 scientific articles and a book. She has helped develop training and education programmes for a wide array of participants.

We would like to thank **Rajni Sabherwal** for being our day facilitator.

NIRUPA SUNDARAVADANAN

SWATI REDDY

<h1>22</h1> Thu	<p>10.15 ^{AM} E-Hotel Express Avenue Mall Gate 1, Pattulos Road Chennai 600 002</p>	
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Premiere of a Short and Sweet Play

We have a treat in store for the IWA ladies, the world premiere of an original Stray Factory Short and Sweet production!

Stray Factory, a film production company founded in 2010 by **Mathivanan Rajendran** has had its biggest achievements in the short format. Their play *My Name is Cine-Ma* has won Best Actress, Best Director and Best Play awards in Chennai, Mumbai and Kuala Lumpur. In addition, the group has performed at Short and Sweet Festivals in Sydney, and Dubai, and at various International festivals such as the *Auckland Fringe Festival and Kakiseni Theatre Festival* in Kuala Lumpur.

Join us for a dramatic morning with Mathivanan Rajendran as he presents us with the latest offering from Stray Factory!

We thank **Asha Murthi** for being our day facilitator.

NANDI SHAH

NALINI PANDAY

We would like to thank **Ranjani Venkatraghavan** for part sponsoring the Antakshari Meeting.

<h1>27</h1> Tue	<p>10.15 ^{AM} Sante Spa 4, Ground Floor, Rutland Gate 2nd Street Thousand Lights, Chennai 600 006</p>	
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Book Club

IWA Book Club invites you to join our members **Maureen Murari, Geeta Rajagopal, Gowri Viswanathan** and **Jaya N Mahbubani** in a discussion of the book **Becoming**, by Michelle Obama.

“Michelle Obama was the first First Lady to court an air of “relatability,” and her memoir, *Becoming*, marks her second coming, as an unprecedented, potentially billion-dollar brand.” – The New Yorker.

“In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era... Warm, wise and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations – and whose story inspires us to do the same.” – Book Browse

“This revealing memoir offers new insights into her upbringing on the south side of Chicago and the highs and lows of life with Barack Obama” – The Guardian

We thank **Tulsi Reddy** for being our day facilitator.

SABINA NARAYAN

SUSHI GOKLANEY

<h1>30^{Fri}</h1>	<p>04.30 PM Taj Coromandel 37, Uthamar Gandhi Road Nungambakkam Chennai 600 034</p>	
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In conversation with Sadhguru

Jaggi Vasudev, popularly known as Sadhguru, is a realized yogi, mystic and visionary.

Often described as a contemporary guru, Sadhguru belongs to no particular tradition and incorporates aspects of yogic sciences that are most relevant for modern-day life into his teachings and practices.

A multi-faceted personality, he is an author, motivational speaker and philanthropist, along with being a spiritual master.

He is the founder of the Isha Foundation, a non-profit organization that offers yoga programs around the world. **Vinita Bali**, MD Britannia Industries in conversation with Sadhguru.

We are thankful to FICCI Ladies Organisation for sharing this morning with IWA members.

The seats are limited; first 100 members to arrive will be seated.

This is a Members only meeting.

Please note, this meeting will be longer than usual and we request members attending to kindly stay till the end as a courtesy to FICCI and the speaker.

SHEETAL PARAKH

GOWRI VISVANATHAN

DID YOU KNOW?
 IWA's ranks are full of readers, as can be seen in our BOOK DISCUSSION meetings. Did you know that more members prefer to let themselves be transported into different worlds with works of fiction? Ok, so it's a marginal difference, and we have a large number of non-fiction readers also. So maybe it is a 50-50 divide. One member expressed her preference for only deep philosophical reads. There's nothing like a good book, fiction, non-fiction or philosophical, to keep our hearts happy!

FICTION or NON-FICTION?

FICTION: 28
 NON-FICTION: 24

From where do you get your news?
 NEWSPAPER: 50
 TV: 27
 PHONE: 21
 INTERNET: 17
 PEOPLE: 10

DID YOU KNOW?
 It seems that most IWA ladies like to read the newspaper every day. There is also a fair number who delegate newspaper reading to their spouses and prefer to get important headlines from their husbands. Let's not for a minute imagine that we aren't a net-savvy bunch as many of our ladies confessed to getting all their news from digital sources, including WhatsApp messages!

DID YOU KNOW?
 An overwhelming number of us like the rain, and not just because it is the need of the hour. Maybe a cup of tea, steaming pakoras and the company of close friends, makes the rain that much more fun!

SUN OR RAIN?

SUN: 10
 RAIN: 23
 BOTH: 7